

The Stages Cycling 2018 Product Catalog

**WHAT'S LEFT  
IS ALSO RIGHT**





Stages Power LR | Shimano Dura-Ace 9100

# STAGES POWER LR

YOU'VE BEEN ASKING FOR THIS AND IT'S FINALLY HERE.

Two years in the making and already two Tour de France victories to its name, Stages Power LR is the power meter and product of Chris Froome and Team Sky.

This new meter is founded on Stages Power technology, including Stages' defining Active Temperature Compensation

feature in a package that offers the most technical cyclist the data they crave.

When combined with the Stages Performance Ecosystem of Stages Link and Dash, Stages Power LR gives additional data that the most advanced cyclists need to bring out their best performance.

# STAGES**POWER** LR METERS

STAGES POWER LR WORKS WITH STAGES DASH OR ANY OTHER THIRD-PARTY, POWER ENABLED, ANT+ OR BLUETOOTH SMART COMPATIBLE CYCLING COMPUTER.

- Individual measurement of both left and right pedaling inputs, including Pedaling Smoothness and Torque Efficiency metrics.
- Active Temp Compensation (ATC) ensures consistent accuracy.
- $\pm 2\%$  accuracy of total measurement at 100w/90rpm.
- IPX7 water resistance rating.
- 175+ hours of battery life from a user replaceable 2032 coin cell.
- Internal sensors measure cadence, omitting need for a magnet.
- Wireless firmware update capability via the Stages App.



STAGES POWER LR  
DURA-ACE 9100



STAGES POWER LR  
ULTEGRA R8000

Provides individual measurement of Right & Left Power

Remarkably Light: Adds a mere 35g to the crank weight



Right Side Power

Weight: 20 grams

Left Side Power

Weight: 15 grams

**STAGESPOWER**

# THE PERFORMANCE ECOSYSTEM

PLANNED ACTION. POWERFUL RESULTS.

THE STAGES PERFORMANCE ECOSYSTEM MAKES IT  
SIMPLER FOR EVERY RIDER, COACH, AND ATHLETE  
TO USE POWER DATA TO ACHIEVE THEIR GOALS.

# ***STAGESDASH™ + STAGESLINK™ + STAGESPOWER***



WE ALL HAVE A REASON TO RIDE. WHATEVER YOURS IS, STAGES GIVES YOU THE POWER TO MAXIMIZE YOUR POTENTIAL. OUR SYSTEM PRECISELY MEASURES AND TRACKS YOUR PROGRESS, MAKING IT EASY, MOTIVATING AND FUN TO IMPROVE YOUR PERFORMANCE. SET A GOAL. START A PLAN. FEEL WHAT IT'S LIKE TO RIDE BETTER WITH POWER.

ANO MINERAL OIL  
75-8 JAPAN 22.2





# STAGESDASH™

**SPECIFICALLY DESIGNED TO COACH YOU TO YOUR BEST PERFORMANCE.**



## **DASH APPROACHES THE CONCEPT OF CYCLING DATA DIFFERENTLY.**

We put a premium on the metrics that help you meet your goals. Starting with a series of simple set up questions Stages Dash takes your input and uses it to build out a suite of activity profiles so that you have somewhere to go on your very first ride. When Stages Link is used, customizing your Dash activity profiles and screens easier than any other computer on the market.

### **STAGES DASH WILL TELL YOU HOW TO GET BETTER.**

With wirelessly synced workouts, on-screen explanations and automated on-the-bike prompts riding Dash means never having to stick post-it notes to your top tube again. On the road or trail Stages Dash delivers your riding data to your fingertips through a high-contrast, high-resolution display.

### **STAGES DASH STANDS ALONE.**

While Dash can be key to implementing any power training plan, it's also the world's most customizable cycling computer. Dash has a total of 16 possible data fields per page and the ability to display in either portrait or landscape views. This combination allows for unique layouts and easy viewing that benefits any rider.

# STAGESDASH ACCESSORIES





### **31.8MM OUT FRONT MOUNT**

The stock aluminum Out-Front Mount for 31.8mm handlebars is included with Dash head units. Allows both portrait and landscape views.



### **AEROBAR MOUNT**

The aluminum mount accommodates aerobars between 22.2mm-24mm, and allows for Dash to be mounted in both portrait or landscape views.



### **OVER THE STEM MOUNT FOR 31.8MM & 35MM**

The aluminum over-the-stem mount accommodates 31.8mm and 35mm handlebars. Allows for portrait and landscape views.



### **INTEGRATED 2-BOLT OUT FRONT MOUNT**

Designed to work with PRO Components Stealth EVO one-piece handlebar and stem. The aluminum mount holds a fixed viewing angle that allows either portrait or landscape views.



### **STAGES HR STRAP**

The Stages dual band heart rate sensor is compatible with both Bluetooth and ANT+ 2.4 Ghz radios for sure transmission of a rider's heart rate.

PICTURED IS THE INTEGRATED 2-BOLT OUT FRONT MOUNT.

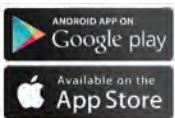
# STAGESLINK™

## THE LINK BETWEEN YOU AND YOUR CYCLING GOALS

**ADAPTABLE, CUSTOMIZEABLE, CLOUD-BASED  
TRAINING AND EDUCATION ENSURES A CLEAR  
PATH TO YOUR BEST PERFORMANCE.**



- Stages Link uses your goals, schedule and training data to create custom training plans and daily workouts.
- This revolutionary cloud-based coaching guarantees that you will put forth your best performance possible.
- Seamlessly capture power files and wirelessly transfer them from Stages Dash to Stages Link for archiving and analysis.
- Configure your Stages Dash activity profiles quickly and easily using your computer, phone or tablet.
- Push firmware updates through the Stages Link app to Stages Dash and the Stages Power meter.
- Keep your threshold based zones up to date in all places, automatically.
- Keep tabs on the health of your Stages Power meter and Stages Dash.
- Support for third party ANT+ and Bluetooth devices, includes: data transfer, cloud-based analysis and coaching services.









## STAGES POWER WINS IN ALL CONFIGURATIONS

The original Stages Power meter took Chris Froome and Team Sky to victory in 2015. Worldwide, Stage Power has been ridden to countless National Titles and well over a dozen World Championships on the road and

mountain. While some riders are looking for more data, the single-sided meters still prove that sometimes simplicity is best. These left-only meters provide all one needs to win and win big.





## STAGES POWER IN CARBON

Stages Power is the only meter on the market that's proven to work with the complexity of a carbon fiber crank arm.

## ACTIVE TEMPERATURE COMPENSATION

Stages Active Temperature Compensation (ATC) auto calibrates throughout the ride to ensure accuracy as the weather changes.



## SPINDLE AND COMPATABILITY

The carbon Stages Power meter for 30mm spindles can power up a variety of third-party crank sets. Using custom spindles we add power, while mirroring the Q-factor and stance width intended by the original manufacturer.

## WEIGHT OF METER

The Stages Power meter only adds 14g to the weight of the base carbon Stages Power crank arm, which is in some cases even lighter than the crank arm it replaces.

## ANT+ & BLUETOOTH COMPATIBLE

Connect via ANT+ or Bluetooth. Pair with the Stages App and ensure your meter is always up-to-date.





OFF-ROAD OR ON, ATHLETES HAVE BEEN USING STAGES POWER TO ASPIRE TO AND ACHIEVE GREATNESS. PROFESSIONALS HAVE RIDDEN STAGES POWER TO OVER A DOZEN INDIVIDUAL WORLD CHAMPIONSHIP TITLES, AND TEAM SKY HAS TAKEN STAGES POWER TO THE TOP STEP OF THEIR SPORT'S MOST PRESTIGIOUS RACE, THE TOUR DE FRANCE, THREE YEARS IN A ROW.



Stages Cycling redefined power measurement with high-tech performance-driven features including: accelerometer-based cadence measurement and Active Temperature Compensation.

Stages is the only power meter manufacturer to make products for all types of riders, from downhill to track and everything in between.

**STAGESPOWER™**



Team Sky has ridden Stages Power meters since 2014 and has had 3 consecutive Tour de France victories on Stages Power.

Photo Credit: Tim De Waele, TDW Sport



## SHIMANO DURA-ACE

Available in lengths:

165, 167.5, 170, 172.5, 175, 177.5, 180

Also available in Stages Power LR crank set.

***“The power meter is one of the most important tools for the team – giving us the perfect insight into how a rider is performing, which is crucial for the coaching team.”***

***—Carsten Jeppesen, Team Sky’s Head of Technical Operation***



## SHIMANO ULTEGRA

Available in lengths:  
165, 170, 172.5, 175

Also available in Stages Power LR crank set.



## SHIMANO 105

Available in lengths:  
165, 170, 172.5, 175



## SHIMANO DA-TRACK

Available in lengths:  
165, 167.5, 170, 172.5, 175





**WHAT'S WITH THE WINGS?** Stages Power meters for Campagnolo cranks require both a custom gage and specific placement in order to accurately and consistently measure power through this beautiful carbon arm.



## CAMPAGNOLO SUPER RECORD

Available in lengths:  
170, 172.5, 175



## CAMPAGNOLO RECORD

Available in lengths:  
170, 172.5, 175



## CAMPAGNOLO CHORUS

Available in lengths:  
170, 172.5, 175





RICHIE RUDE, TEAM YETI FOX RACING at EWS - Madeira  
2013 Jr World Champ 2015, 2016 EWS Series Champion  
Photo Credit: Yeti Factory Racing



## SHIMANO XTR

Available in lengths:  
165, 170, 175, 180

**DID YOU KNOW:** Stages Cyclists have used the Stages Power meter to win more than 50 World, National, Olympic and Grand Tour titles in all disciplines of cycling.



## SHIMANO XT

Available in lengths:  
165, 170, 175, 180



## SHIMANO SAINT

Available in lengths:  
165, 170



## SHIMANO DXR

Available in lengths:  
175, 180





## STAGES CARBON GXP FOR ROAD

Available in lengths:  
165, 170, 172.5, 175



**DID YOU KNOW?** *Stages Power* is the only meter to be successfully applied to a carbon crank arm structure without compromise.



## STAGES CARBON GXP FOR MTB

Available in lengths:  
170, 175



## STAGES CARBON FSA 386 EVO

Available in lengths:  
165, 170, 172.5, 175



## STAGES CARBON FOR 30MM SPINDLES\*

Available in lengths:  
165, 170, 172.5, 175, 180

*\*spindles sold separately*



National Champion Erin Huck riding Stages Dash and  
Stages Power at the 2017 Sea Otter Classic



## CANNONDALE SI

Available in lengths:  
165, 170, 172.5, 175



## FSA SL-K LIGHT CARBON BB30

Available in lengths:  
165, 170, 172.5, 175



## FSA ENERGY BB30

Available in lengths:  
165, 170, 172.5, 175

# STAGESINDOOR

THE STAGES SC SERIES IS WHAT HAPPENS WHEN PASSIONATE RIDERS BUILD INDOOR BIKES. THE SMOOTH RIDE, EASY ADJUSTMENT, AND OF COURSE, OUR STAGES POWER METER IS AVAILABLE FOR YOUR STUDIO AND HOME. THIS STATE-OF-THE-ART BIKE IS EASY TO MAINTAIN AND PROVIDES A VEHICLE TO IMPROVE THE FITNESS OF EVERY RIDER.

SC3 INDOOR CYCLE WITH POWER METER AND CONSOLE



SC2 INDOOR CYCLE



STAGES BLUETOOTH/ANT+ CONSOLE



STAGES POWER METER FOR SC SERIES BIKES













**YOU DO THE WORK ON THE  
BIKE AND WE DO THE WORK  
TO PROVIDE THE ULTIMATE  
IN MEASUREMENT, DATA  
CAPTURE, ANALYSIS AND  
DYNAMIC COACHING.**

CONTACT US ABOUT HOW STAGES CYCLING CAN GET YOU RESULTS

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